



## Linking Diabetes and Cardiovascular Disease

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke.

Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.

The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

	<p><b>Manage your A1C, blood pressure, and cholesterol levels.</b> Ask your health care team what your goals should be.</p>
	<p><b>Develop or maintain healthy lifestyle habits.</b> Follow your healthy eating plan and make physical activity part of your routine.</p>
	<p><b>Learn ways to manage stress.</b> Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.</p>
	<p><b>Stay on top of your medications.</b> Take medicines as prescribed by your doctor.</p>
	<p><b>Stop smoking or using other tobacco products.</b> You can start by calling 1-800-QUITNOW or visiting <a href="http://smokefree.gov">smokefree.gov</a>.</p>

Visit [niddk.nih.gov](http://niddk.nih.gov) for more information on diabetes and cardiovascular disease.